



ABUNDANT ABSTINENCE™ V

Self Esteem : Tools for ENHANCING your recovery

Self-esteem is the means to recovery AND it is the goal. It leads us to happiness, peace, and love - and freedom from self abuse. We will read the book, Self Esteem: Tools For Recovery. The book offers 20 solid tools for stopping acts of self abuse and creating self-esteem. We will apply those principles to your food and eating problems. Topics will include:

- W How your food problem has served you well;
- W Recovery as an ongoing process;
- W Re-writing your habitual thought patterns;
- W Using mistakes for healing;
- W What transcends control;
- W Creating miraculous changes.

Full of practical exercises, support and strategies, this program can help you come in touch with your real self and create freedom from food abuse. Reading and journaling outside of class, as well as supporting class members, is required.

Dates & Time

Tuesday Evenings - 5:30 pm - 7:00 pm
January 26, 2010 to March 30, 2010

If a class is cancelled due to inclement weather, the series will be extended.

Fee

\$350 for the series, plus the cost of the book (about \$13)

10% discount if paid in full by 1st class session

Space is limited to 15 people.

Refunds are not possible for missed class sessions,
or after the first class session.

Presented At

The Renaissance Nutrition Center, Inc.

2500 DeKalb Pike, Suite 200

East Norriton, PA 19401

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